

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management

9. Exposure, Environment & Everything Else

c. Medical Emergencies

i. Asthma

16 Royal Terrace, Glasgow, G3 7NY, T: 0845 600 2613, F: 0141 332 5335, W: www.society-of-sports-therapists.org, E: admin@society-of-sports-therapists.org



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Medical Emergencies

• Asthma

- Episodic, reversible, wheezing, breathlessness, chest tightness with cough.
- Reversible airway narrowing (bronchospasm) & excess mucus secretion



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Asthma

- Moderate
 - Normal speech
 - PEFR >50% of predicted best
- Acute Severe
 - Any 1 of the following
 - Talk in broken sentences
 - PEFR 33-50%
 - Pulse >110bpm
 - Respiration: >25 Breaths per minute

Life Threatening

- Any 1 of the following
 - Silent chest & feeble respiratory effort
 - Cyanosis
 - O₂ sat <92%
 - PEFR <33%
 - Exhaustion
 - Confusion
 - Altered consciousness



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Management of Acute Asthma Exacerbation

- SAFE?
- Airway
 - Consider O₂
- Breathing
 - Check Resp Rate
 - Auscultation
 - Wheeze with equal air entry
- Circulation
- Disability
 - AVPU
- Environment
 - Inhaler





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- Call for Help (ED)
- Sit Patient Up
- O₂ 10-15L/min via NRBM

NEBULISE

- Salbutamol
 - 5mg Ventolin
- & Ipratropium
 - 500mg Atrovent
- Repeat Back to Back with O₂

STERIODS

- Delayed effect (4-6hrs)
 - Prednisolone
 - 40-50mg Orally
 - OR
 - Hydrocortisone
 - 100mg IV

